



**IVAN FRANKO HOMES**  
**ПАНСІОНІ ІМ. ІВАНА ФРАНКА**  
*Caring for Seniors Since 1964*

Осінь 2019  
**Бюлетень**

## CELEBRATING THE 163<sup>rd</sup> ANNIVERSARY OF IVAN FRANKO'S BIRTH

IFH's first Board of Directors chose as our Homes' patron and namesake Ivan Franko, the renowned Ukrainian poet, educator, philosopher, and social and political activist. The reason for this choice was based on the struggle described in I. Franko's poem, "Kamenyari" or "Stonemasons" who, fettered by steel chains and withstanding difficult weather conditions, thirst, hunger and injuries, were obligated to break up and level granite cliffs in order to lay roads for people to traverse. They believed that their efforts would build the foundation for a new life, "a good newness in the world". They were idealists and neither "tears, nor sorrow, nor burning physical pain, nor curses" could tear them away from their purpose.

Similarly, the tremendous difficulties faced by our first Board were compared to the struggles of Franko's "kamenyari". It was a long and difficult road that had to be traversed by the volunteers who envisioned a Home that would accommodate Ukrainian-Canadian seniors in a traditional cultural environment. From 1957, when the organization was incorporated as a charitable institution, until the opening of its first Home in 1964, the tremendous fund-raising efforts of the volunteers brought only \$8,370.00 in donations. Some people donated \$0.50 cents or \$1.00, others turned away the devoted volunteers, stating



"Kalyna" singing group

that there was no need for a Home for our elderly. They could either live with their children or move into one of the existing municipal Homes. Nevertheless, this paltry sum became the down-payment on the purchase of the first 24-bed Ivan Franko Home. Not until after this Home was opened and filled to capacity, and when the numbers of needy applicants kept rising to dozens and even hundreds, did the community as a whole begin to understand the urgent need of more accommodations for Ukrainian-Canadian seniors.

**T. Tonkovich**

**LEGACY**  
**ART GALLERY**  
 IFH Museum of Ukrainian Folk Art



МИСТЕЦЬКА ГАЛЕРЕЯ  
**СПАДЩИНА**  
 при Музеї Українського Народного Мистецтва

Ivan Franko Homes' Museum of Ukrainian Folk Art invites you to its "Legacy" Art Gallery, generously supported by the World Council of Ukrainian Social Services in celebration of its 50th Anniversary.

**Official opening – November 9th, 2019**

Ivan Franko Homes, Mississauga, has a unique Museum of Ukrainian Folk Art, with a 60-year history and a collection of hundreds of artifacts, including traditional regional costumes, embroidery, ceramics, more than a thousand Easter eggs and much more. Recently the Home's management decided to expand this Museum with the opening of the new "Legacy" Art Gallery. The purpose of this gallery is to increase community engagement by bringing artists and members of the public into Ivan Franko Homes and, at the same time, to enhance our residents' sense of continuing to be full-fledged, valuable and active members of our broader community and an integral part of society.

Our first exhibition is entitled "Legacy of Will" and showcases the artwork of our seniors, created here during weekly Creative Art Therapy classes. Most of it is quite incredible, especially when considering that 95% of these "artists" have never held a paintbrush in their hands prior to learning and developing their new skills in our onsite art classes. Art therapy also has significant therapeutic value for our seniors, enhancing their physical and mental health, their self-expression, self-satisfaction and general wellbeing.

**Calling all artists!**

**Please be part of our project – contact us today to reserve a spot to exhibit your unique artwork in our "Legacy" Art Gallery!**



## Note from the Executive Director:

*As of August 1st, the IFH's Board of Directors officially confirmed Ms. Kvitka Lopushanski as the new Administrator of our Mississauga Ivan Franko Home. We are thrilled to have Ms. Lopushanski step into her new role and, along with our congratulations, we wish her much success and a long and bright future!*

***Terenya Tonkovich***

## New Mississauga Administrator K. Lopushanski's Greeting



Dear Ivan Franko Homes' Board of Directors, Employees, Volunteers, Residents and Families of Residents.

It is my great pleasure and, at the same time, a great responsibility to be the new Administrator of our Mississauga Home.

Looking back on the past, I very much appreciate and admire the work put into the development and

prosperity of Ivan Franko Homes by the first Executive Director, Dr. Eugenia Pasternak, and later by her worthy successor, the current Executive Director, Mrs. Terenya Tonkovich, under whose leadership I am very fortunate to work, gain experience and take the best from the management and administration of the Homes, as well as the fostering of our culture and traditions.

As the new Administrator, I promise to keep the best of what is unique about our Homes and what we are proud of, as well as to only introduce and support good changes, changes to benefit both Residents and Employees.

During my administration, I will be guided by the principles of Christian morality, overall honesty, respect and discipline, regardless of age or status. I want to work as a real leader should - professionally, confidently, not thinking about myself, but about us. Like my predecessors, I sincerely believe that the best legacy that a leader can leave behind is a thriving, successful institution, a true Home where one wants to live and work.

I sincerely thank you all for your warm words of greeting, your present and future support and desire to work together for the benefit of senior members of our Ukrainian community in Canada.

Warm regards,

**Kvitka Lopushanski**

## Bandura Rehearsal at Ivan Franko Home



On Saturday, October 19th and Sunday, October 20th members of the Women's Bandura Ensemble of North America held a 2-day rehearsal at Ivan Franko Home in Mississauga. The ladies from Connecticut, Pennsylvania, Illinois, New Jersey, New York, and Toronto, Ontario appreciated the attention and warm welcome they

received from the management and staff members. They enjoyed spending time in the newly renovated library where there was plenty of room for their rehearsal.

The Sunday mini-concert for residents was held in the Winter Garden. Rev. Petro Iwachiw, the Home's Chaplain, was present, as well as quite a few residents who thoroughly enjoyed the women's bandura presentation. Many had tears in their eyes upon hearing the emotional singing of "Synu Kachky Letiat". President Iryna Kytasty Kuzma thanked everyone who was involved in making their short stay an enjoyable experience in the beautiful setting of Ivan Franko Home. "We will be back!" – she said. In appreciation, a donation from the Ensemble was given to the Home.

This is a great segue to our future multigenerational 'Selo' centre which, we hope, will host many such events. Thank you Ivan Franko Homes' team for being so hospitable and making your special visitors feel so welcome in true Ukrainian style.

**Walentyna Rodak**



## CARF International accredits IFH for Quality Care for the third time

For the third time, Ivan Franko Homes' commitment to highest quality care standards has been recognized by the Commission on Accreditation of Rehabilitation Facilities (CARF International) through the award of three-year accreditation, the longest period possible for retirement and care centres. In May 2013, 2016 and again in 2019 Ivan Franko Homes were awarded accreditation for subsequent 3-year periods. We are proud to have been recognized for our high-quality care for seniors in both our Long-Term Care and Assisted Living residences in Toronto and Mississauga.

CARF International is an independent, non-profit accreditor of health and human services. For the third time, Ivan Franko Homes has invited CARF to examine both Homes for our adherence to internationally recognized organizational and program standards.

The accreditation process applies hundreds of sets of standards to service areas and business practices during an on-site survey.

For three whole days last June, on-site surveyors examined and assessed Ivan Franko Homes' policies, procedures, methods of service delivery and scope of programs. After interviews with IFH's Board of Directors, our leadership team, staff and volunteers, as well as residents and families of residents, the surveyors acknowledged Ivan Franko Home's strong management practices and our focus on long-term planning for a sustainable future, including the "Our Future Together Campaign".

CARF interviewers highlighted the fact that staff members recognize and appreciate IFHs' leadership's support of a positive work environment that promotes a team approach in each program at each site, which results in staff members working closely together across all departments. Moreover, Ivan Franko Homes have a strong focus on strategic initiatives that are designed to continuously improve the resident's experience, staff competencies, and our knowledge about safety and the aging process.

With almost sixty years of experience, Ivan Franko Homes have developed a strong group of dedicated employees who are focused on resident-centered care and who are committed to their work and to continued learning and education.

Ivan Franko Homes strive to provide a caring and home-like environment featuring Ukrainian language, cuisine and culture. Thank you to all staff members, Board members, volunteers, residents and families for your dedication to Ivan Franko Homes!



## BEST OF THE BEST VOLUNTEERS



Vasyl (Greg) Ciupka with his father, Jerry Ciupka, at IFH's 8th annual Open House/ Picnic

Vasyl Gregory Ciupka is one of Ivan Franko Homes' best volunteers ever: hardworking, creative and very dedicated. For over two years, every Friday Mr. Ciupka teaches our residents how to use computers and become familiar with IT. He started with a small group of "students" to help them discover Skype, Word documents, how to create and send emails and use other programs. With his guidance, two residents were able to publish their biographical accounts by themselves. In 2018, he began another project - to improve IFH's landscaping, planning to eventually create an outdoor amphitheater. In 2019, he took on the role of project management coordinator of two government grants of accessibility funding - to make IFH's offices, washrooms and staff change rooms wheelchair accessible and to renovate our library/bingo hall for our residents and employees. Moreover, Vasyl Ciupka, along with his sister, iconographer Marianna Savaryn-Masnyk, helped us organize and prepare to open the "Legacy" Art Gallery of Ivan Franko Homes' Museum of Ukrainian Folk Art. For over a year, Vasyl has been driving almost daily all the way from Hamilton and works very hard trying to complete all the project details quickly and efficiently. He is an excellent engineer, technology expert, a builder, a master paver/ bricklayer, and an example of how to work selflessly and with dedication for a greater good. Thank you, Vasyl Gregory, we are very fortunate to have you on our team and most grateful for your invaluable voluntary input into the development and operations of Ivan Franko Homes!

## ЗІ ЩОДЕННОГО ЖИТТЯ ПАНСІОНУ ПРИ ВУЛИЦІ РОЯЛ ЙОРК

### Kataryna Swerhun: Life in Embroidery

Ще маленькою дівчинкою навчилася пані Катерина Свергун вишивати і, не зважаючи на те, що на роботі працювала, і діточок мала, вона знаходила час на вишивку і творила красу.

Десь коло 1000 а то й більше робіт було вишито пані Свергун, багато з них вона подарувала, багато продала, а гроші віддавала на поміч Україні. Пані Свергун вишивала обруси до церкви, весільні рушники, весільні подушечки, киптарики, весільне плаття для доні, серветки та багато інших вишитих прикрас. Зараз у Пансіоні ім. Івана Франка у свої 94 роки пані Свергун вишила подушечки з казковими героями для своїх правнуків.

Kataryna Swerhun was born in 1924 in Yablony, a small village in the Ternopil oblast of Western Ukraine. Her life would be marked by many hardships, but she was blessed with strength, resilience and many talents. Her love of embroidery began while she was still a young girl. She joined a group of young women and girls in her village who worked together and sang as they embroidered. She learned quickly and her work started to be sought out even at this young age.

Kataryna was a teenager when the horror of the Second World War touched her village. One night she was rounded up and taken to Germany by boxcar to work as a farm labourer and take care of a young family in Bavaria. Kataryna, husband Hryhorij, and daughter Iryna arrived in Canada in 1949. They settled in Toronto where they became active in the Ukrainian community.

Kataryna began to embroider again – at first to bring beauty to her home: embellishing things like rushnyky for icons, table runners, pillows, cushions, and clothing in her region's traditional cross stitch designs. As the years passed, she branched out, expanding her repertoire to learn the stitches, designs, and colour combinations of other regions of Ukraine such as Kyiv, Poltava, Hutzulshchyna (the Carpathian region), Yavoriv, Bukovyna, and more. She learned cut-drawn work, "nyzynka", "kryvulka", "hlad", "vyrizuvannia", "merezhka", "stebnivka", "zavolikannia", the "decorative spider" and others.

Her skills and work became sought after and were exhibited at numerous venues from the 1960's to the present, including Ontario Place, Casa Loma, Toronto City Hall, the Canadian Ukrainian Art Foundation (KUMF), and Ukrainian Catholic Women's League conferences. She was requested several times to make commemorative gifts for groups such as the Ukrainian



V.Luczkiw and K.Swerhun (sitting)

Canadian Congress, Vesnivka Women's Choir, and the Ukrainian Catholic Women's League. She, along with a group of volunteers, embroidered a series of church linens for the altar at St. Nicholas Ukrainian Catholic Church on Toronto's Queen Str. West (where she was a long-time parishioner) that are still in use. She also fulfilled private requests from friends for wedding pillows, rushnyky, and gifts which she gladly did without charge.

Until Kataryna's retirement in the 1980's from the Campbell Soup Company, much of her work was done during short periods of free time during lunch breaks. It's amazing what can be accomplished during these brief minutes of time. During her retirement, she could focus more on her embroidery and became skilled in restoring antique embroidered shirts from Ukraine. She also prepared traditional wheat sheaves (didukhs) for Christmas Eve celebrations, decorated with her own embroidered rushnyky, to raise money for various community charities and organizations. Her wheat-sheaf undertaking came to involve her whole family, from growing and harvesting the wheat, assembly, decorating, set up and sales – and in her truly selfless yet practical style, the thought of deducting the expenses associated with these annual projects never crossed her mind.

A tireless volunteer, Kataryna also taught embroidery at the senior's club at St. Nicholas Church and privately to anyone that wanted to learn, for as long as she was able. In 2018 Kataryna received a 60-year volunteer pin from the province of Ontario. A firm believer in giving back, she and Hryhorij also donated to numerous philanthropic causes, including helping to rebuild and restore the Ukrainian Catholic Church in their home village after Ukraine became independent in 1991.

Kataryna's two daughters, five grandchildren, eight great-grandchildren, relatives, friends, and acquaintances, are proud owners of many of her handmade items ranging from humble bookmarks to wedding gowns. Preparing for the exhibit at Toronto's Ivan Franko Home, Kataryna herself could not believe the multitude of embroidered creations that she had produced a few minutes at a time during her lifetime.

This modest woman produced hundreds, if not thousands, of extremely beautiful embroidered items. To this day, she thinks of herself as a hobbyist while an objective observer might accurately call her a textile artist. She did all she could to preserve this ancient art form, but she also innovated and created new designs. She continued to embroider up to 2018 and never once thought to embroider her own name into her work, as painters sign their paintings.

Kataryna has taught and preserved for future generations timeless traditional embroidery patterns – no small feat when embroidery is now largely done digitally and through mass production. Her life story is a testament to how seemingly ordinary people may possess extraordinary life stories and extraordinary gifts. Her embroidery was sometimes her lifeline in difficult times, but also has become part of her legacy. Words cannot express the beauty of the work produced by her hands.

*Editor's note:*

With sorrow we regret to inform our readers that Kataryna Swerhun passed away on July 12, 2019.

Вічна Їй Пам'ять!

## Вітаємо пані Гарбовську з 100-літнім Ювілеєм!



## Ручні роботи: мотання вовни



## Сірникова вишиванка Мар'яна Вархолика

On March 28th, 2019, friends and family of IFH (Royal York) were treated to a special presentation by Marian Varkholik about his Matchstick Embroidery technique.

During the presentation, Marian explained how he skillfully designs arrangements of coloured matchsticks to create portraits (such as a portrait of Ivan Franko himself) and Vyshyvanka style embroidery patterns. He also displayed many of his beautiful creations to residents, family members, and staff. Marian's unique representation of Ukrainian culture left the audience very impressed. In addition to his most interesting demonstration, Marian Varkholik generously donated one of his beautiful matchstick embroidery pieces to Ivan Franko Home.



From left to right: (back) K. Kraus, O. Vovnysh, M. Varkholik, J. Lukianchuk, H. Rehanyuk, (front) M. Merza, A. Neborak, + M. Romach, I. Malitsky, A. Haluk, J. Jaremus, P. Swystun

## ЗІ ЩОДЕННОГО ЖИТТЯ ПАНСІОНУ У МІССІСАГА

### Столітній ювілей пані Кароліни Малецької

Цього року мешканка Пансіону ім. Івана Франка в Міссісага, пані Кароліна Малецька відзначила величаве, небуденне свято – свій 100-літній Ювілей. Пересічна людина не доживає до такого віку. Бо прожити 100 років, а тим більше пережити останнє століття в тяжких умовах світової війни, втечі з рідних земель, іміграції, становлення нового життя в чужій країні, не знаючи ні мови, ні традицій, започаткування родини, виховання четверо дітей, а пізніше внуків і правнуків – це справді благословення Боже.

На святкування золотого ювілею зібралася родина пані Малецької та друзі із Пансіону. Під веселу мелодію та естрадний голос Тараса Хмеля пані Малецькій урочисто вручили грамоти від Пансіону, від Канадського уряду та Королеви Єлизавети. Неймовірно життя ювілярки презентував син Андрій Малецький. Основні моменти свята були відзняті і висвітлені для ширшої громади українською телевізійною програмою «Контакт».



Кароліна Малецька в оточенні найближчої родини святкує свій 100-літній Ювілей

Ми вдячні Богові за довге і яскраве життя Кароліни Малецької, її мудрість і силу духа. Вона є прикладом людини, відданої не тільки своїй родині, але також і науці, вихованню і навчанню дітвори і молоді в українській школі і на курсах українознавства, суспільній праці для Української громади і Церкви. Гратулюємо їй і бажаємо дальшого кріпкого здоров'я на многі і благі літа.

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## 8th Annual Open House and Picnic

As per our tradition, Ivan Franko Homes' residents, staff and the local Ukrainian community officially began their summer with Ivan Franko Homes' 8th annual Open House and picnic that was held on Saturday, June 15th.

Close to 500 people turned out to view the premises of Ivan Franko Home (Mississauga) and enjoy our picnic. Again this year we had a wonderful BBQ prepared by our volunteer chefs, as well as a variety of attractions for the whole family, such as pony rides, musical entertainment by I. and A. Artemyak, a raffle, scheduled tours of the Home and property, rides in our golf cart, viewing of a Tesla car, as well as Ukrainian music and dance performances. This year two beautiful Ukrainian girls in traditional costumes and a "kozak" welcomed Ivan Franko Homes' residents, their families, friends and the broader Ukrainian-Canadian community to celebrate Seniors' Month.

This year we were honoured to have very special guests who came to support our event and "Our Future Together Campaign", namely: Halyna Kluchko, the great-granddaughter of Ivan Franko, the Honourable Iqra Khalid, MP, Borys Wrzesnewsky, MP, Peter Fonseca, MP, Sheref El Sabawy, MPP, as well as Ron Starr, Chris Fonseca, and Matt Mahoney, Councillors for the City of Mississauga, and Hani Tawfilis, PC Candidate for MP. These distinguished guests were introduced by Larissa Tkachenko, our Board Vice-President who represented Ivan Franko Homes' Board of Directors, along with Ihor Perehinec, our Board Treasurer and one of our volunteer BBQ chefs.



Iqra Khalid, MP, Terry Tonkovich, ED, Peter Fonseca, MP

On behalf of the Homes' management and residents, Terry Tonkovich, IFH's Executive Director, expressed appreciation to the Platinum Sponsors of our Open House/Picnic, Ukrainian Credit Union and Buduchnist Credit Union, as well as to all our sponsors and supporters who made this event such a success.

Of special interest was the entertainment, including performances of the widely known Barvinok dancers ("Sopilky" and "Hurtovyna" groups, artistic director Fedir Danylak), "Bravissimi" band from Ukraine (artistic directors Zhanna Zinchenko and Vlad Tomilin), singers Ihor and Adriana Artemyak and Natalia Terek.

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## Caring for Your Smile



On July 24th Ivan Franko Homes (Mississauga) welcomed denturist Svitlana Yanchynska, DD with her team members from the Denture Clinic, Natalia, Susan and Borys. Svitlana presented our residents with a tutorial about dentures. Ms. Yanchynska answered a lot of important questions: why we need dentures, how long the same dentures can be used, how to take care of them. For more information please call 647-948-8360, email to [info@yanchynskadentures.ca](mailto:info@yanchynskadentures.ca), or visit the clinic at 2515 Hurontario Str., #2000 Mississauga.



During the Denture Clinic's presentation



Ivan Franko Homes'

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